

# Footsie 100

拍數: 64      牆數: 2      級數: Advanced  
編舞者: Rob Fowler (ES)  
音樂: Believe - Cher



- 1-2            Step to the right on right foot, rock left foot behind right  
&3-4         Rock forward onto right foot, step to the left on left side, rock right behind left foot  
&5-6         Rock forward onto left foot, step forward on right foot, pivot a ½ turn left  
7-8            Step forward on right foot, pivot a ½ turn left
- 9&10         Right sailor step  
11&12        Left sailor step  
13&14        Cross right foot over left foot, rock back onto left foot, step right foot together  
15&16        Cross left foot over right foot, rock back onto right foot, step left foot together
- 17-18        Rock forward onto right foot, rock back onto left foot  
19&20        Make a ½ turn right as you shuffle on right, left, right  
21-22        Step forward onto left foot, pivot a ½ turn right  
23-24        Step forward onto left foot, make a full turn to the right on the ball of the left foot hooking right foot in front of left
- 25&26        Shuffle forward on right, left, right  
27-28        Step forward on left foot, pivot a ¾ turn to the right  
29-30        Step a long step to the left on left foot, step right foot next to left  
31&32        Touch left foot forward, bring left foot back in place, touch right heel forward
- 33-34        Step diagonally back to the right with right foot, slide left foot to the right as you do a right heel grind  
&            Step down onto right foot  
35-36&      Repeat 33-34 & starting diagonally back on left foot  
37-38&      Repeat 33- 34 &  
39-40&      Repeat 35 36 &
- 41-42        Step to the right on right foot, step left foot behind right  
43&44        Making a ¼ turn right shuffle forward on right, left, right  
45-46        Step forward on left foot, pivot a ½ turn to the right  
47&48        Making a ½ turn right as you shuffle on left, right, left
- &49           Split both heels out moving slightly backwards, bring heels back inwards with left heel to right instep  
&50           Split both heels out moving slightly backwards, bring heels back inwards with right heel to left instep  
&51           Split both heels out moving slightly backwards, bring heels back inwards with left heel to right instep  
&52           Clap hands twice
- &53           Split both heels out moving slightly backwards, bring heels back inwards with right heel to left instep  
&54           Split both heels out moving slightly backwards, bring heels back inwards with left heel to right instep  
&55           Step left foot diagonally backwards to the left, step right foot shoulder width apart

- &56 Clap hands twice
- 57& Rock forward onto right foot, rock back onto left foot
- 58& Rock back onto right foot stepping back, rock forward onto left foot
- 59-60 Step forward onto right foot, make a  $\frac{1}{4}$  turn to the left
- 61&62 Kick right foot forward, step right foot next to left, step back onto left foot
- 63-64 Option 1 -- roll knees round to the left making a  $\frac{1}{4}$  turn left  
Option 2 -- body roll a  $\frac{1}{4}$  turn to the left

**REPEAT**

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